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ABSTRACT

This activity book is designed to supplement health lessons on nutrition and physical fitness for fourth, fifth, and sixth grade students. Some of the activities are quite simple and require very little instruction and direction, while others are more difficult and require careful explanation prior to completion. The level of difficulty of the activities is varied in order to create both simple and challenging instruction for students. The level of reading for some of the activities is a little more difficult due to the nature of concepts being taught. Activities are provided under the following headings: nutrition, food groups, nutrition vocabulary, balanced diet, planning for fitness, physical fitness, physical activity, and things to do in order to be healthy. Activities include multiple choice, matching, coloring, fill in the blanks, encoding, crossword puzzle, word search, and drawing. Answer keys are provided. Materials may be reproduced as needed. (LL)

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ED 365 629

OHIO DEPARTMENT OF HEALTH

FITNESS AND NUTRITION

ACTIVITY BOOK

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SP 034 870

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Dear Teacher:

This activity book has been designed to supplement your health lessons on personal care issues. The book is not a substitute for instruction. The level of reading for some of the activities is a little more difficult due to the nature of the concepts that are being taught. More careful explanation and supervision of the activities may be required prior to completion of the activities.

The materials in this activity book may be reproduced as needed.

Sincerely,

Joyce Hersh
Bureau of Health Promotion

GOOD HEALTH

This book is about your health. In this book we will talk about physical fitness and nutrition. Below is a brief list of what you need for good health.

GOOD

1. **The right foods in the right amounts.**
2. **The required nutrients: carbohydrates, fat, minerals, protein, vitamins, and water.**
3. **The right number of calories (not too many, not too few).**
4. **The right amount of water and fiber.**
5. **Lots of sleep, rest, exercise, and fresh air.**

The questions listed below talk about some of the health habits that you need to do. Read each question and circle the three choices that are correct for each question. Put an **X** over the wrong answer for each question.

HEALTH

1. **What are some good health habits?**

   a. **Exercise every day.**

   b. **Eat a balanced diet.**

   c. **Stay up all night.**

   d. **Get enough rest.**

2. **Why is physical fitness needed for a healthy body?**

   a. **To have strong muscles.**

   b. **To talk on the telephone for hours.**

   c. **To make your heart and lungs stronger.**

   d. **To keep your body muscles flexible.**

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NUTRITION

3. Why do you eat three balanced meals a day?

a. So you have a good reason to brush your teeth.

b. You cannot eat enough food at one time to give you energy for the whole day.

c. It is fun to eat different kinds of food during the day.

d. Your body has used up the food energy from your last meal.

4. Pick three examples of a nutritious breakfast.

a. Tomato soup and a toasted cheese sandwich.

b. Pizza and a glass of milk or grape juice.

c. A glass of orange juice and a peanut butter sandwich.

d. A candy bar and a can of pop.

5. Pick three examples of a nutritious lunch.

a. A taco, a glass of milk, and an orange.

b. Macaroni and cheese, carrot sticks, and a banana.

c. French fries and a doughnut.

d. Chili, corn bread, an apple, and a glass of milk.

6. Pick three examples of a nutritious dinner.

a. Lasagna, a salad, and applesauce.

b. Potato chips and dip, and chocolate cake.

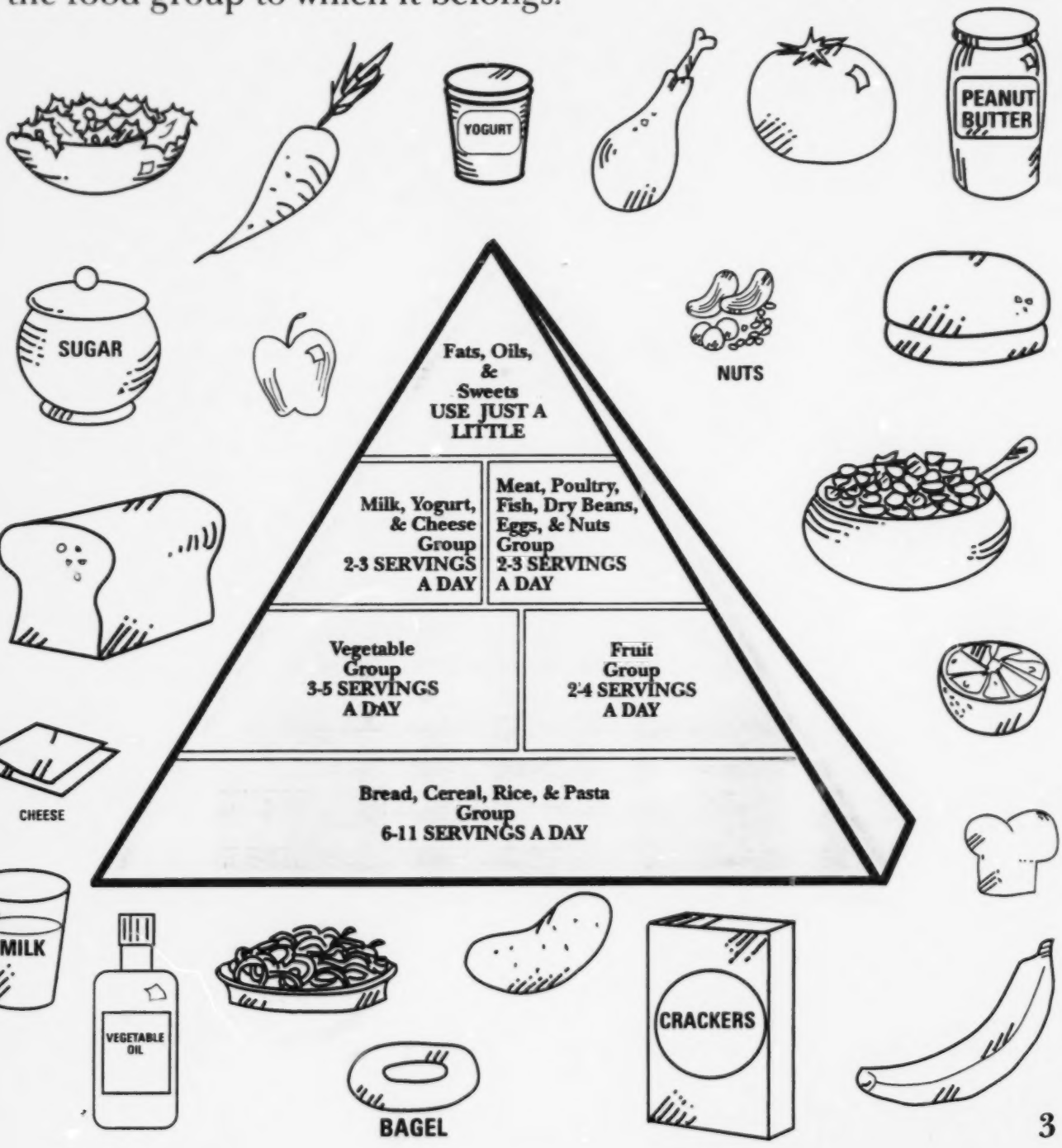
c. Baked chicken, green beans, a roll, and pudding.

d. Tuna and noodle casserole, broccoli, and a glass of milk.

ANSWERS ON PAGE 15

FOOD GROUPS

This is the Food Guide Pyramid. It shows the food groups and how many servings per day of each group you should eat. Around the pyramid are pictures of foods. Draw a line from each food to the food group to which it belongs.


YOGURT
PEANUT BUTTER
SUGAR
NUTS
Fats, Oils, & Sweets USE JUST A LITTLE
Milk, Yogurt, & Cheese Group 2-3 SERVINGS A DAY
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group 2-3 SERVINGS A DAY
Vegetable Group 3-5 SERVINGS A DAY
Fruit Group 2-4 SERVINGS A DAY
Bread, Cereal, Rice, & Pasta Group 6-11 SERVINGS A DAY
CHEESE
MILK
VEGETABLE OIL
CRACKERS
BAGEL

3

NUTRITION VOCABULARY

There are many words you need to know when you talk about nutrition. In Column 1 the terms are listed. In Column 2 the meaning of the words are listed. Match the items in Column 1 with the correct phrase in Column 2. Write the letter of the correct phrase on the line to the left of Column 1.

Column 1

____ 1. appetite

____ 2. balanced diet

____ 3. calorie

____ 4. cholesterol

____ 5. energy

____ 6. fat

____ 7. food

____ 8. minerals

____ 9. nutrients

____ 10. obesity

____ 11. protein

____ 12. vitamins

____ 13. water

4

Column 2

a. too much body fat

b. carbohydrates, fat, minerals, protein, vitamins, and water that are found in the food you eat

c. a nutrient you can't live without; needed to move food through the body; helps muscles move

d. a desire for food

e. a way to measure how much energy your body gets from food

f. enough, but not too much, of the right kinds of foods

g. a type of fat your body makes and that is found in foods that come from animals

h. nutrients needed by many parts of your body, such as your bones, muscles, and blood; examples: calcium and iron

i. a nutrient that your body uses and stores for energy; found in oils and butter

j. being able to run, jump, play, study, and do all the things you need to do

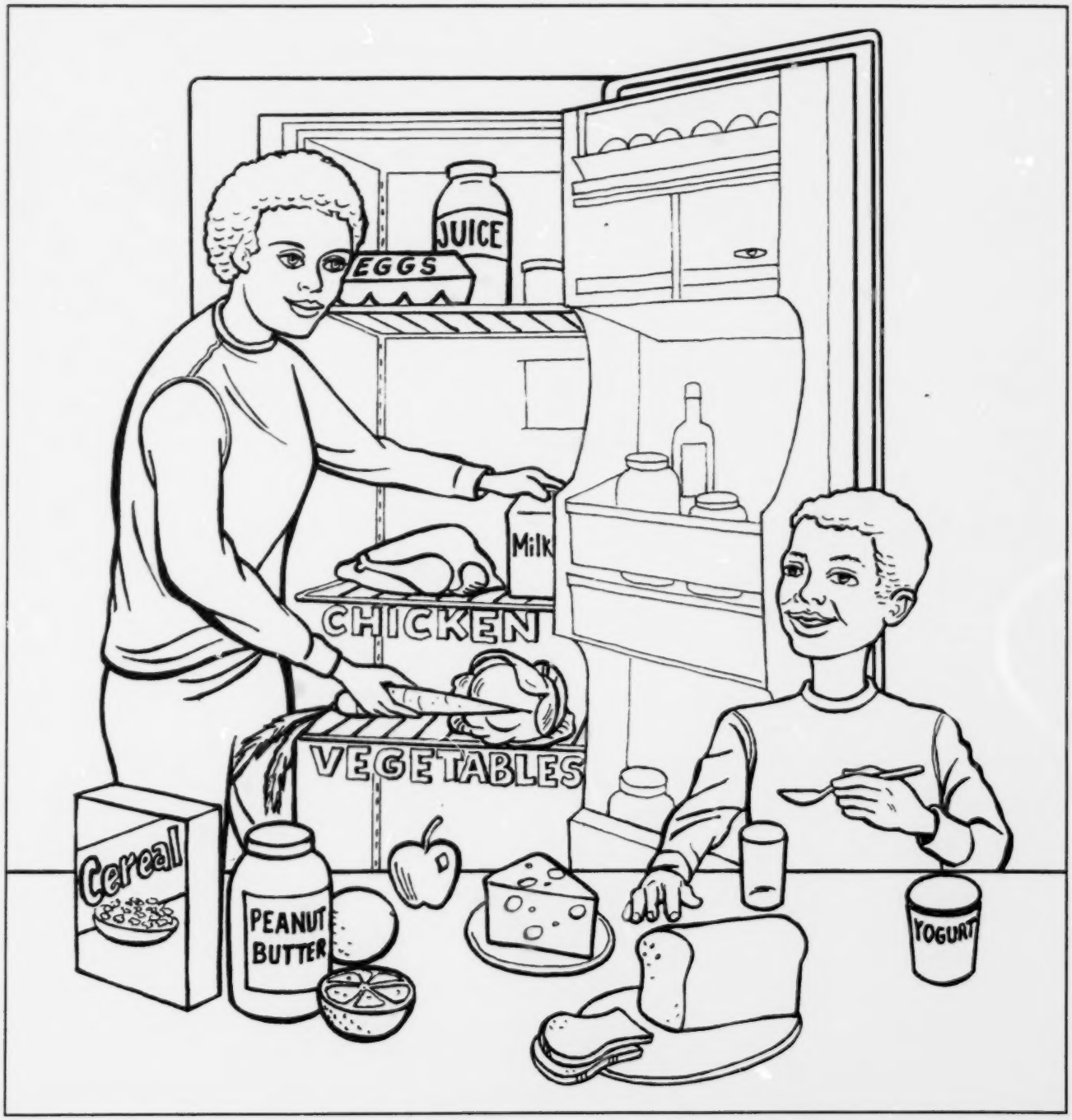
k. what you eat to get all the nutrients your body needs

l. the nutrient that is used by your body for growth and repair; provides some energy; examples: meat, peanut butter, and chicken.

m. nutrients that are needed by your body to use food; does not provide energy

COLOR THE BALANCED DIET PICTURE

If you eat foods from all the food groups each day, you will be able to maintain a balanced diet and get all the nutrients you need. See Page 3 for the correct amounts. Color this picture.



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NUTRITION WORD GAME

Fill in the blank with a word that completes each sentence. You can find the missing words listed below:

1. **A substance that people need for good health is a n _ _ _ _ _ _ _.**
2. **Good sources of c _ _ _ _ _ _ _ _ _ _ _ _ _ are bread, noodles, and fruit.**
3. **An important mineral found in milk, cheese, and yogurt is c _ _ _ _ _ _ _.**
4. **A c _ _ _ _ _ _ is a way to measure how much energy your body gets from food.**
5. **Avoid eating too much f _ _ in your diet.**
6. **C _ _ _ _ _ _ _ is a stimulant found in coffee, tea, and most carbonated cola drinks.**
7. **The human body contains a large amount of w _ _ _ _.**
8. **Foods like broccoli, oatmeal, and whole wheat bread have a lot of f _ _ _ _.**
9. **You need at least six (6) servings of g _ _ _ _ _ like cereal or bread every day.**
10. **What you eat each day is called your d _ _ _.**

CAFFEINE	**CALCIUM**	**CALORIE**	**CARBOHYDRATES**	**DIET**
FAT	**FIBER**	**GRAINS**	**NUTRIENT**	**WATER**

ANSWERS ON PAGE 15

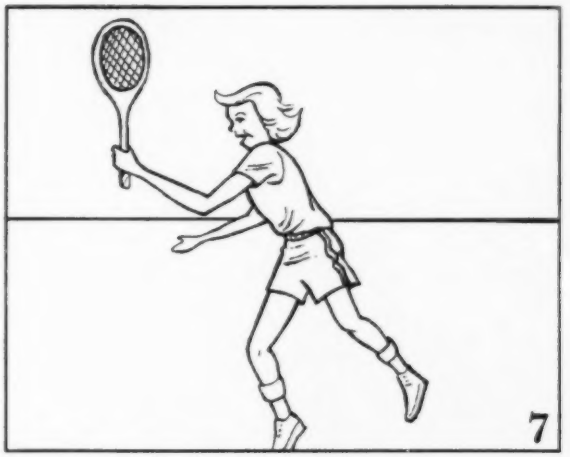
PLANNING FOR FITNESS

Here are some hints to help you get ready to exercise or do sports. Match the hint with the correct picture. Color the picture.

Wear clothes that are loose and easy to exercise in.

Drink lots of water before, during, and after physical activity to replace the water you lose.

Eat a balanced diet to have enough energy to be able to do physical activity.



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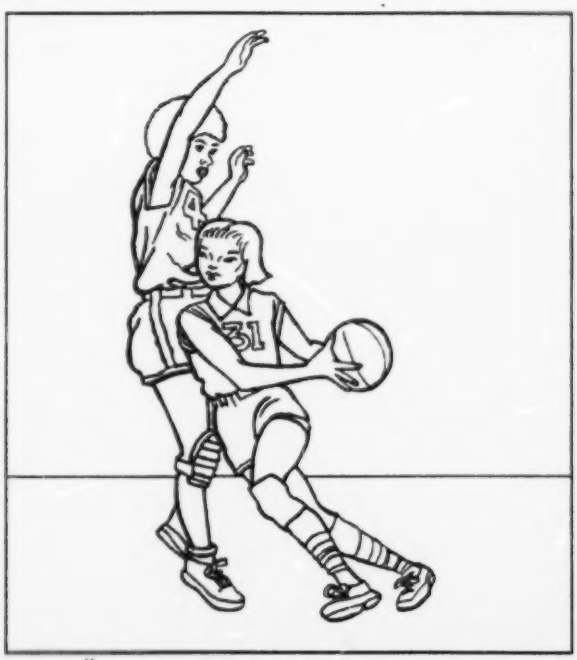
Use of steroid drugs to build up muscles can damage your body and cause changes in how you feel about things.

Use the right equipment when you exercise.



Get enough sleep to prepare your body for physical activity and help in overall fitness.

PHYSICAL FITNESS

Physical fitness means that your body is in the best condition for you. Doing different exercises can help you become physically fit. Physical fitness may lengthen your life and improve your health.

Use the secret code below to fill in the blanks and find out more about physical fitness.

1=A 2=B 3=C 4=D 5=E 6=F 7=G 8=H 9=I 10=J 11=K 12=L 13=M
14=N 15=O 16=P 17=R 18=S 19=T 20=U 21=V 22=W 23=X 24=Y

1. When you are physically fit, your body is in very good

   3 15 14 4 9 19 9 15 14.

2. You have good 6 12 5 23 9 2 9 12 9 19 24 when you are able to bend and move your body in different ways.

3. The term for fitness of the heart, blood vessels, and lungs is

   3 1 17 4 9 15 17 5 18 16 9 17 1 19 15 17 24 fitness.

4. Some type of 16 8 24 18 9 3 1 12 1 3 19 9 21 9 19 24 can often help reduce stress.

5. 13 20 18 3 20 12 1 17 18 19 17 5 14 7 19 8 is when your muscles help you lift, pull, and push.

6. Good physical fitness can help you 6 5 3 12 7 15 15 4 about 24 15 20 17 18 5 12 6.

7. You have good 1 7 9 12 9 19 24 when your muscles work well together during movement.

8. Physical fitness slows the signs of 1 7 9 14 7.

9. Getting your muscles ready to do physical activity is known as

   22 1 17 13 9 14 7 20 16.

10. After exercise, you need 3 15 15 12 9 11 7 1 15 22 11 time.

ANSWERS ON PAGE 15

PHYSICAL ACTIVITY CROSSWORD PUZZLE

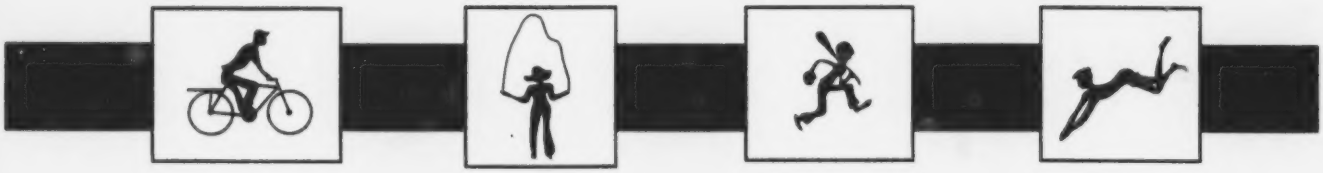
ACROSS

1. A way to get your body physically fit involves hard exercise called _ _ _ o _ _ _ _ .
3. Regular exercise makes the m _ _ _ _ _ _ in your body strong.
5. Regular exercise makes your _ _ n _ _ work better, so you breathe easier.
8. When you exercise, you should breathe n _ _ _ _ _ _ _ _ .
9. The key to physical _ _ _ _ _ _ s is regular exercise.
12. _ _ _ _ _ _ n _ _ is when you keep your body moving for a long period of time.
13. You can get your body ready to exercise by doing w _ _ _ - _ _ exercise.
15. You should eat a _ _ _ _ _ c _ _ diet if you want to exercise.
17. Regular exercise helps reduce _ t _ _ _ _.

DOWN

1. You have good _ _ _ _ _ t _ when your muscles work well together.
2. When you exercise you burn up _ _ _ o _ _ _ _ .
4. Your muscles get strength and power from doing an activity fast and hard for a _ _ _ r _ period of time.
6. You need to get enough _ _ _ _ p to prepare the body for physical activity.
7. Regular exercise makes your h _ _ _ _ stronger.
9. To stay healthy, your body needs the right kind of _ o _ _ _ .
10. _ _ _ _ _ b _ _ _ _ _ is when you are able to stretch your muscles and bend the joints in your body easily.
11. Regular exercise _ _ _ _ c _ _ stress
14. You should exercise at your own p _ _ _ .
16. You should eat a well balanced _ _ _ t if you want to exercise.
18. You can buid endurance when you _ _ n or
19. _ _ _ m.

ANSWERS ON PAGE 16



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15					C		16			17	T	18			19	
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NUTRITION AND FITNESS WORD SEARCH

You have learned many new nutrition and fitness words. See if you can find these words in the word search on the next page. The words are listed forward, backwards, upward (▲), downward (▼), or diagonally (↗ or ↘). Circle each word you find from the words listed below. Think about how these terms are part of good nutrition or fitness.

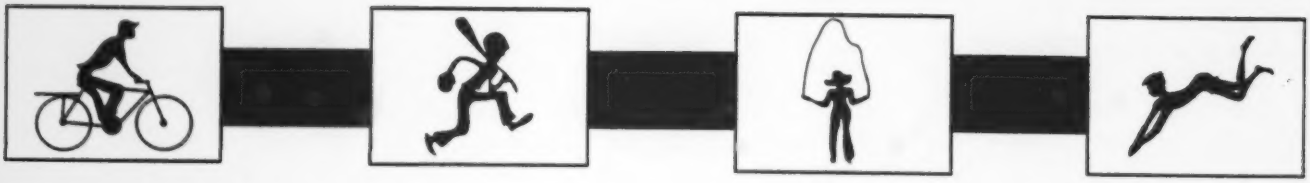
FIND THESE WORDS

AGILITY
CALORIES
CHOLESTEROL
DIET
ENDURANCE
ENERGY
EXERCISE
FIBER
FITNESS
FLEXIBILITY

FIND THESE WORDS

MINERALS
MUSCLES
NUTRIENTS
NUTRITION
SLEEP
STRENGTH
STRESS
VITAMINS
WARM UP
WATER

(SEE NEXT PAGE)



C	L	O	R	E	T	S	E	L	O	H	C	H	O	E
A	F	L	E	X	I	B	I	L	I	T	Y	Y	N	X
L	L	I	X	E	M	O	Y	R	S	Y	V	D	U	S
O	E	L	E	R	N	T	A	M	T	G	U	I	T	E
E	X	I	R	C	I	C	Q	U	A	R	S	R	R	R
N	V	G	C	L	F	I	U	P	A	E	E	E	I	C
E	I	A	I	L	O	H	I	N	P	N	D	T	E	I
R	T	G	S	E	O	O	C	U	G	E	D	T	N	S
S	A	I	E	S	R	E	M	T	E	N	E	R	T	E
T	M	F	I	B	E	R	H	R	T	C	T	U	S	T
C	I	I	R	U	A	T	A	I	D	A	O	N	E	A
M	N	T	A	W	M	U	P	T	I	L	J	I	L	W
U	S	N	W	A	R	M	P	I	E	O	D	F	C	N
S	S	E	R	T	S	U	E	O	M	R	L	I	S	U
I	Q	S	P	E	X	E	E	N	H	I	E	B	U	T
Z	S	S	M	R	A	S	L	A	R	E	N	I	M	R
E	N	D	U	S	L	E	S	L	A	S	R	E	N	I

STAYING HEALTHY

Here is a list of some things you can do in order to be healthy. Check the ones you do now. Pick one of the ones you have not checked that you would like to try to do. Draw a picture of yourself doing this.

1. **Get eight (8) hours of sleep each night.**
2. **Play a game at recess with your friends.**
3. **Spend some time doing an exercise or playing in a sport. Examples: bike riding, jumping rope, swimming, walking, playing soccer.**
4. **Eat a piece of fresh fruit.**
5. **Eat a nutritious breakfast.**
6. **Eat a nutritious lunch with your friends.**
7. **Try a new sport.**
8. **Not watch TV for a night and play outside instead.**

DRAW A PICTURE HERE

ANSWER KEY

PAGE 1. GOOD HEALTH

1. a,b,d 2. a,c,d 3. b,c,d 4. a,b,c 5. a,b.d 6. a,c,d

PAGE 4. NUTRITION VOCABULARY

1. D 2.F 3. E 4. G 5.J 6. I 7. K 8. H 9. B
10. A 11. L 12. M 13. C

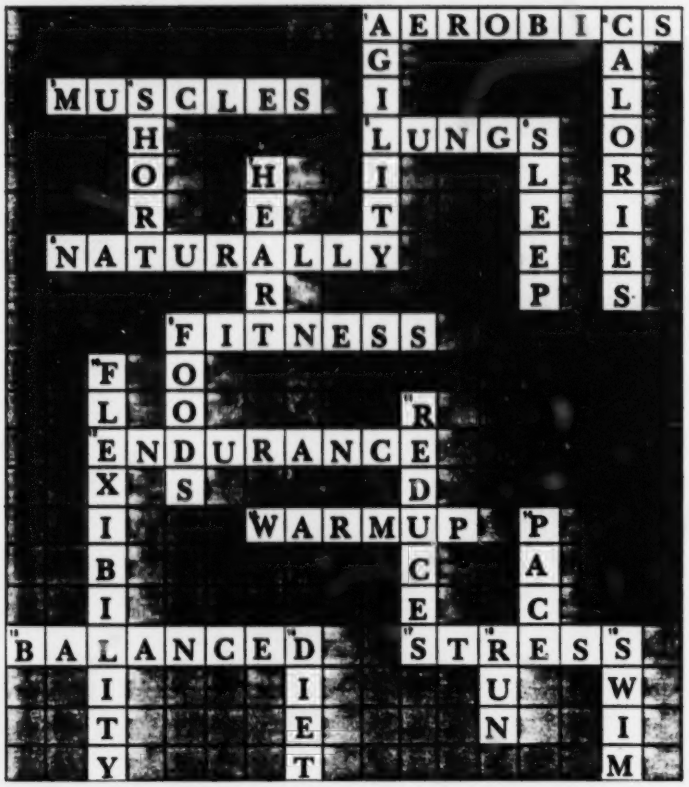
PAGE 6. NUTRITION WORD GAME

1. Nutritent 2. Carbohydrates 3. Calcium 4. Calorie
5. Fat 6. Caffeine 7. Water 8. Fiber 9. Grains 10. Diet

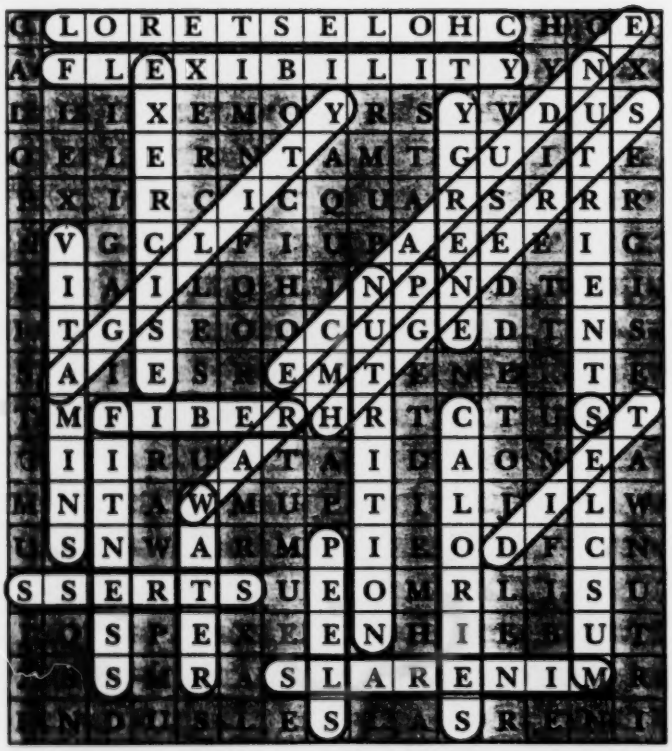
PAGE 9. PHYSICAL FITNESS

1. Condition 2. Flexibility 3. Cardio-respiratory
4. Physical activity 5. Muscular strength
6. Feel good yourself 7. Agility 8. Aging 9. Warming up
10. Cooling down

PHYSICAL ACTIVITY CROSSWORD



NUTRITION AND FITNESS WORD SEARCH



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